



NCTS San Diego Ombudsman Newsletter

June/July 2012



CO's Corner

Hello again NCTS Families! It seems Summer has finally arrived and as our children get ready to take a few weeks off this summer let me say please be safe as we head into this wonderful time of year. This is a time of graduations and family time to recharge our batteries before we jump into another big year. We have been able to accomplish a couple things since I last had the opportunity to write.

The Family Readiness Group has established an email (FRG.NCTSSD@GMAIL.COM) to make contact with everyone. If you have an interest in helping us come together in more family oriented activities or want to volunteer for a leadership position please email us and we will be in touch. This is an opportunity for us all to build a strong team from the ground up. Let us know how we can support this to make it helpful for everyone.

The Ombudsman page is now active as well and there is a great deal of information on it so please provide some feedback on it.

The NCTS Annual picnic is also coming on the 8th of June and I hope to see many of you there. There are a number of contests, so be sure you get a chance to participate. (I might even get a pie in the face..)

Finally, our current Ombudsman Anna will be turning her duties over to Christine beginning in June. Please help me thank Anna for all of her hard work and welcome Christine as she takes us into the future. Both plan to attend the picnic so please help me in saying thanks you to these ladies for volunteering for such an important role in our command success.

Best Wishes,
CDR Gene Bailey

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NCTS San Diego
Box 357056
San Diego, CA 92135

OMBUDSMatters

Welcome to the June/July edition of the NCTS Ombudsman newsletter.

As the CO mentioned in his introduction, this will be my last newsletter as your ombudsman. However, I am very excited to introduce you to my successor, Mrs. Christine.

Christine is an experienced Navy wife as well as a seasoned ombudsman with over six years of ombudsman experience under her belt. She lives with her husband, three children and granddaughter. She is the Finance Manager for a company that manufactures BladeRack Servers, and somehow she also has time to care for three cats, a dog and two horses! She is definitely someone who is able to wear many hats.

I feel that Christine is a wonderful addition to the support team at NCTS San Diego and will be a great resource for all NCTS families and sailors. As ombudsmen, we are here to help you, the Navy families.

In addition to the great programs that the Command is considering to initiate to strengthen its NCTS families, such as the Family Readiness Group - FRG, the MWR programs continue to thrive with your help - please see page 3 for more information.

As I have promised for some time now, the ombudsman section of the NCTS website is now up and running - please take a moment to look over it. It has some great information and resources. <http://www.nctssd.navy.mil/> and click on the ombudsman tab at the top.

In this issue, we are also pleased to highlight some of the programs available for the children during their summer breaks - from camps to swim class to sailing lessons. There is something for everyone. A great resource is the MWR website - www.mwrtoday.com. We have also included a few safety tips to keep you and your family safe over the summer.

Christine and I both hope that you and your family have a wonderful summer and we look forward to seeing everyone at the NCTS Command Family Picnic on June 8th at Admiral Baker Park.

NCTS SD Ombudsman Reportables

As an ombudsman, I am bound by a strict code of ethics and confidentiality.

ONLY the following topics will be communicated to the Command. ALL other topics will remain CONFIDENTIAL:

- All suspected or known situations of child abuse or neglect;
- Alleged domestic abuse;
- Suspected or potential homicide, violence or life endangering situations;
- All suspected or known suicide risks;
- Any activity that is suspected or known to be criminal;
- Any severe financial issues.



Christine
Ombudsman, NCTS San Diego
(619) 545 1707
OMBUDSMAN.NCTSSD@GMAIL.COM

News from your IA Coordinator, Chief Karstens

NCTS currently has 5 Sailors forward deployed ~ all over the world, and 3 more preparing to deploy.

While facilities at deployment sites have improved greatly from the early days of Individual Augmentee Deployments, we still love to send a "piece of home" to our Sailors standing on the Front lines. Just about every quarter we send "care packages". Some of our various volunteer organizations, the NCTS Officer Organization, the NCTS Chief Petty Officer Association, and the First Class Petty Officer Association all chip in to cover shipping. Boxes are placed at the command for donated items to send forward, and this time we had an incredible 52 pounds of items to send off! Items included candy, magazines, snacks, sometimes personal notes ~ a variety of items to give a piece of home, and let them know we are standing by waiting for their return.

MWR Events at NCTS

Every Other Wednesday
Fundraiser BBQ
Lunchroom, NCTSSD

Seeking volunteers for
QUALCOMM/Chargers Partnership.
Please contact MWR Volunteer
representative ET2 Eaton for more
information.

A few friendly reminders to stay safe this summer:

- Beware of rattlesnakes and ticks.
- Don't forget to check your outdoor cats and dogs for ticks daily as well.
- Always wear suntan lotion - a minimum of SPF 30 is recommended.
- Avoid alcohol with any water related activities, especially boating and swimming.
- Never dive into rivers and lakes - unknown dangers lie below the surface.
- Never leave young children unsupervised around any kind of water.
- Only swim in approved areas - preferably where a lifeguard is on duty.
- Be cautious of rip currents - swim parallel to the shore if caught in one until out of the current and then head back to shore.
- Drink plenty of water to stay hydrated.
- Use insect repellent.
- Do not let children play with fireworks.
- Keep children at least 500 feet from all fireworks.
- Children should be at least 12 years old to hold sparklers.

Upcoming Events

June

NCTS Command Picnic	6/8
Military off, Civilians liberal leave	6/15

July

Independence Day	7/4
Military Off, Civilians Liberal Leave	7/6

Annual NCTS Command Picnic

Friday, June 8th

11 am- 2pm, Admiral Baker Park

2400 Admiral Baker Road, San Diego, CA 92124

There will be plenty of food for everyone so just bring your empty bellies and cheerful spirit for good times.

There will be games and activities for the adults and kids. Spades and dominos tournaments, bouncy house for the kids, tug-o-war contest, Apple Pie Bake-Off, Piñata's and more!!!



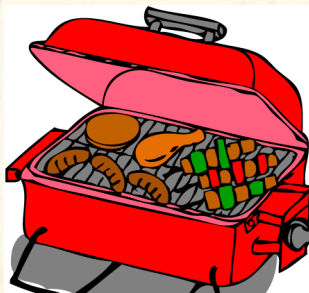
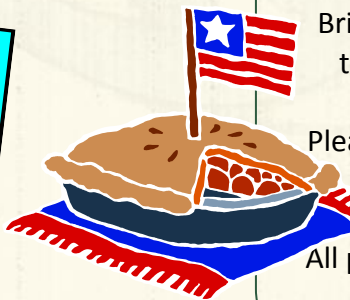
Apple Pie Contest at NCTS Picnic!

Bring your best Apple Pie creation to the apple pie contest at the NCTS picnic!

Please email your name and the name of your creation by June 6th to:

XXX@NAVY.MIL

All pies must be delivered at the picnic site by 11am on June 8th.



Spouses Corner

Looking for ways to have fun and stay safe during those warm summer months?

Camps:

Operation Xtreme: camp for Military Kids
<http://www.cristacamps.com>

Free 11 week Baseball Camp
Silver Strand & Bayview Community Centers
619-435 5056 or 619-556 0771

Bowling:

101 Days of Summer Bowling
May 26 to September 3
All Youth Bowlers 15 and younger, 1 free game/day/youth
Monday to Friday until 4pm
www.mwr.tom

Summer Youth Bowling league
Starts June 2
Admiral Robinson Bowling Center, NBSD



Sailing:

2012 Junior Sailing Camp
Fiddler's Cove Marina
mid June-August
619-522 8680

Swimming:

Free Infant/Parent Swim Class
Every Wednesday starting June 13
6months - 3 years
Admiral Baker Pool, Mission Gorge, 619-284 4054

MWR Summer Swim Clubs
Private, semi private and/or group lessons
Crews Pool, NASNI 619-545 2880
Island Pool, NASNI 619-545 7228
NBPL, Main Base Pool, 619-553 0934
Admiral Prout Field House Pool, NBSD 619-556 8659
Admiral Baker Pool, 619-284 4054



BREAKERS BEACH CABANA RESERVATIONS

FREE cabana reservations and fire pits Monday - Thursday 7am-5.30pm
NASNI, 619-545 0923 for more information



Free Babysitting Training:

Navy youth Centers
13 years & up
www.mwrtoday.com to find your local youth center

Student Online Achievement Resource (SOAR):

Free online after school program Activities
Free SAT/ACT online test preparation
www.soarathome.org

News You Can Use

SERVICE MEMBERS AND FAMILIES GET FREE PASS TO NATIONAL PARKS



As of May 19th 2012, Service members and their families are able to enter all of America's national parks free of charge for a year.

The pass allows the holder and passengers in a single private vehicle to access some 2,000 sites that charge per vehicle. At sites where a fee is charged per person, it covers the pass owner and three adults aged 16 and older.

Military personnel can get the pass at any national park or wildlife refuge that charges an entrance fee by showing their military ID.

The pass is available to activated members of the National Guard and reserves, but not for military veterans or retirees.

<http://www.defense.gov/news/newsarticle.aspx?id=116342>

YOU CAN NO LONGER SEND BATTERIES (SINGLE USE OR RECHARGEABLE) BY USPS

Effective May 16th, the USPS prohibits the mailing of single use and rechargeable batteries internationally as well as to and from APO, FO and DPO locations. This does not apply to domestic mail.

http://about.usps.com/postal-bulletin/2012/pb22336/html/updt_004.htm



HOUSING EARLY APPLICATION TOOL (HEAT)

HEAT has been designed to assist service members and their families in applying for housing Navywide. Heat allows service members to apply for housing at one or more Navy installations online before or after they receive their PCS orders.

Heat is currently in use for the San Diego Navy bases and will be launched Navywide June 30th, 2012.

http://www.cnmc.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/Housing/HEAT/index.htm

ONLINE SOCIAL SECURITY STATEMENTS



As of May 1, 2012, workers can now access their Social Security Statements Online:

www.socialsecurity.gov/mystatement.

Those wishing to retrieve a statement will be required to provide information that provides information already on file at SSA, and clear an identity check provided by an external authentication service. Once verified, a person can create an account with their own username and password.

If you are unable to provide the answers to the security questions, you can either request a statement by mail or visit your local office.

**Ideas or Suggestions for the next newsletter?
Email OMBUDSMAN.NCTSSD@GMAIL.COM**